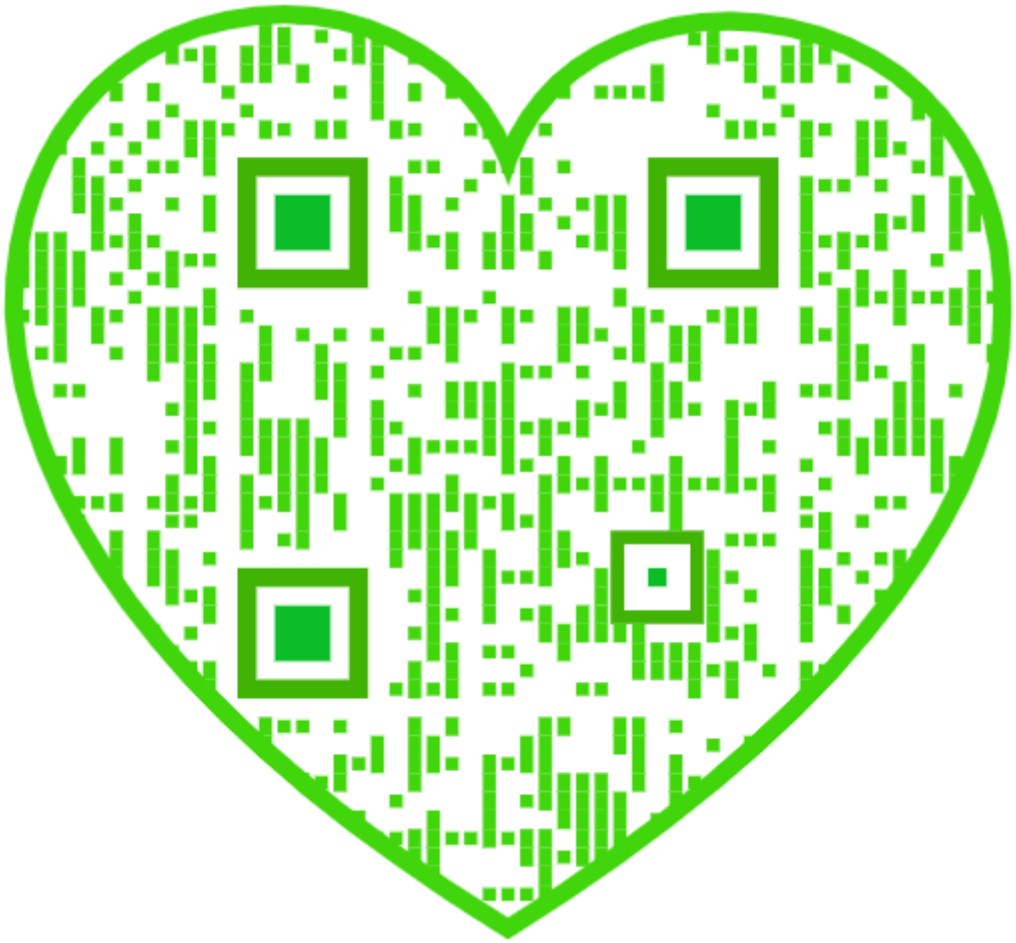
Ethics of Health, Grace and Beauty



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Ethics of Health, Grace and Beauty

BY

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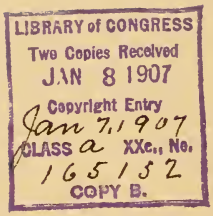

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NOTE

This little volume of health thoughts is compiled to emphasize to all who may read it the importance of right living, right thinking and right exercising. If we would keep the mind and body in a wholesome, healthy condition, we must follow Nature's laws—which are the simplest—and bear in mind always, that nothing is impossible to a vigorous, healthy body and a clear mind.

"God made your body
And He made it great,
It has a guest of might
And high estate;
Keep the shrine noble,
Handsome, high and whole,
For in it lives God's guest,
A kingly soul."

Health

HEALTH! What a world of happiness or misery is expressed in that word. With it, all things are possible;—without it, the wealth of a king's domain is of little avail:—it is the foundation of your success and happiness in life—your capital in the bank of life—which repays you with big interest in later years for any effort you make to keep the principle intact. "In the degree that you abound in health and strength yourself, will you carry it to all with whom you come in contact."

If you are negligent of your health, wasteful of your powers, and careless of the habits in life that make or destroy body and character, you make of yourself a useless ornament in the social world and cast a baneful influence around you. If you live a clean, upright, wholesome life, you wield a strong influence toward inducing others to do likewise. It is impossible to do your best for others, unless you do your best for yourself, so from a commercial standpoint, you cannot afford to disregard the laws of health. "Give to the world the best you have, and the best shall come back to you."

"Your body is made up of two elements—power and form—and the proportion must invariably be kept, if you would have it sweet and sound." It rests with you, whether the temple in which your soul abides shall be of stately and imposing build—one which is constantly growing in symmetrical architecture and beauty of design, or if it shall slowly but surely crumble away—like the ruins of a great city—after it is devastated by flood or fire.

Wake up! Keep your mind active and your vital forces strong and you can "move mountains". Your mental attitude toward things in life determines, to a great degree, the effect they have upon you, for "subtle and powerful are the influences of the mind in the building and re-building of the body". The mind is everything! What you think, you in time become. "Sick thoughts and discordant moods are the natural atmosphere of disease." If you would be sure footed, you must be sure minded.

Hopefulness, cheerfulness and tranquility open the channels of the body, so that the life forces go bounding through it with such vigor that disease cannot get a foothold. Courage is a great invigorator, and gives inspiration and tone to life. It is a courageous mind that makes the body rich in health and strength. "A falling state of mind produces a falling condition of the body", and in the degree that you

keep healthy and young in thought, will you remain healthy and young in body.

You cannot hope for your full share of health or beauty without taking proper care of your body, or without a certain amount of exercise in the open air daily. Sunshine and fresh air are as necessary to human life as to plants, for sunlight produces chemical changes in the blood, vitalizes the tissues, and tones up the whole system.

Another great health producer is water, and plenty of it—internally and externally—for "cleanliness is next to godliness", and those words will apply to the inner organism, as well as to the outer body.

Water forms a greater part of the body itself, and the life of all the tissues is dependent on its presence in them. "The well that is not fed by springs is sure to be a breeding place for disease". Give your body proper nourishment, exercise, fresh air, sunlight and a daily bath—keep your mind free from "sick thoughts", and good health will be the result.

"Then let your secret thoughts be fair,
They have a vital part, and share
In shaping words and moulding fate;
God's system is so intricate."

JANUARY

FIRST

Health is the second blessing that we mortals are capable of,—a blessing that money cannot buy.

✣

—Walton.

SECOND

To be seventy years young is sometimes far more cheerful and hopeful than to be forty years old.

✣

—Holmes.

THIRD

A healthy manner of play is necessary to a healthy manner of work.

—Ruskin.

✣

FOURTH

Self-control may be developed in precisely the same manner as we tone up a weak muscle —by a little exercise day by day.

—Jordan.

✣

FIFTH

We never see the target a man aims at in life; we see only the target he hits.

—Jordan.

SIXTH

There is always room for a man of force, and he makes room for many.

—Emerson.

✣

SEVENTH

That which we are—we shall teach, not voluntarily, but involuntarily.

—Emerson.

✣

EIGHTH

My mind to me an empire is
While grace affordeth health.

—Southwell.

✣

NINTH

Not only is a merry heart a wonderful tonic to the body; it is a clarifier and invigorator of the mind.

✣ —Cuyler.

TENTH

He sleeps well who is not conscious that he sleeps ill.

✣ —Bacon.

ELEVENTH

Inward repose must transform the outer life; no power can stop it.

—Dresser.

TWELFTH

What an antiseptic is a pure life.

—Lowell.

✣

THIRTEENTH

Every right action and true thought sets the seal of its beauty on person and face.

—Ruskin.

✣

FOURTEENTH

We do not count a man's years until he has nothing else to count.

—Emerson.

✣

FIFTEENTH

O life! an age to the miserable, a moment to the happy.

—Bacon.

✣

SIXTEENTH

All existence is what it has become. Become, if thou wouldst be; cease not to grow, if thou wouldst not fall into decay.

—Rochefoucauld.

SEVENTEENTH

The mental machinery will work longer and far more smoothly when the oil of cheerfulness lubricates the wheels.

—Cuyler.

✣

EIGHTEENTH

Look at your mercies with both eyes, but at your troubles with only one eye.

—Cuyler.

✣

NINETEENTH

Ten thousand of the greatest faults in our neighbors are of less consequence to us than one of the smallest in ourselves.

Archbishop Whately.

✣

TWENTIETH

To work upon or doctor external effects without altering the inner habit, which lies at the basis of them, is mere waste of force.

—Dresser.

✣

TWENTY-FIRST

Though we travel the world over to find the beautiful, we must carry it with us or we find it not.

—Emerson.

TWENTY-SECOND

Moderation is the silken string running through the pearl chain of all virtues.

—Bishop Hall.

✣

TWENTY-THIRD

Years, following years, steal something every day;
At last they steal us from ourselves away.

—Pope.

✣

TWENTY-FOURTH

Life is more than life's circumstances, man more than his environment.

—Rochefoucauld.

✣

TWENTY-FIFTH

A man is his own star;
Our acts our angels are
For good or ill.

—Sir John Lubbock.

✣

TWENTY-SIXTH

Things that have a common quality, ever quickly seek their kind.

—Marcus Aurelius.

TWENTY-SEVENTH

There are certain faults, which, placed in a good light, please more than perfection itself.

—Rochefoucauld.

✣

TWENTY-EIGHTH

Our bodies are our gardens, our wills our gardeners.

—Shakespeare.

✣

TWENTY-NINTH

Nothing more is wanting to render a man miserable than that he should fancy he is so.

—From the Latin.

✣

THIRTIETH

Life is a progress and not a station.

—Emerson.

✣

THIRTY-FIRST

There is no journey of life but has its clouded days.

—Cuyler.

Poise,
Mental and Physical

TO be graceful of body, the mind must be cultivated by thought and study, as it is through that unseen instrument—the mind—that we reach the soul, so in order to be truly graceful, the movements of the body should be but the reflection of our inner-being. Did you ever see a graceful, well-poised person who had not corresponding traits in mind and soul?

To be mentally and physically strong, the mind and the body must be in a healthy condition and work in unison. Above all things, one must be well poised mentally. If you cultivate a calm mental poise, little things will not annoy or age you. To a certain extent, your health depends upon the poise of your mind; cheerful, hopeful thoughts put the mind in a relaxed, peaceful condition; disagreeable, pessimistic thoughts put the nerves in a strained, unhealthy condition. "Inward repose must transform the outer life",—watch, then, to see that the body expresses the harmony between the mental, moral and physical being.

Cultivate a graceful motion of the body and a wide-awake, energetic bearing. Carry your-

self erect, whether sitting, standing or walking; never allow your body to settle upon the bones, for the bony structure should not support the body,—that is the work of the muscles. In walking, carry the head erect, chest well forward and abdomen in. Carry the head so that you can at least look at things on a level, and look every one squarely in the face. Never look downward, mentally, morally, or physically, for 'tis "looking downward makes one dizzy." As Eben Holden said—try and look as though "you had bought and paid for yourself and were proud of the bargain."

Your body is the mirror of your mind and the temple of your soul, and your eyes are the windows of the soul. Then give to the world bright eyes, shining with the knowledge of an inward strength, and a body reflecting a physical and mental poise that is an inspiration to all who come in contact with it.

"Let there be many windows in your soul,
That all the glory of the universe may beautify it."

FEBRUARY

FIRST

Man hath his daily work of body and mind appointed.

✣

—Milton.

SECOND

Command inward serenity, be a poised observer; pick up your forces, one by one, until you are master of the art of self-control.

—Dresser.

✣

THIRD

The mind of man is improved by learning and reflection. We place a happy life in tranquility of mind.

✣

—Cicero.

FOURTH

Shalt show us how divine a thing a woman may be made.

✣

—Wordsworth.

FIFTH

Not body enough to cover his mind decently with; his intellect is improperly exposed.

—Smith.

SIXTH

Time has touched me gently in his race,
And left no odious furrows in my face.
—Crabbe.

✣

SEVENTH

'Tis education forms the common mind,
Just as the twig is bent, the tree's inclined.
—Pope.

✣

EIGHTH

The child, through stumbling, learns to walk erect. Every fall is a fall upward.
—Theodore Parker.

✣

NINTH

There are some critics so with spleen diseased,
They scarcely come inclining to be pleased:
And sure he must have more than mortal skill
Who pleases one against his will.
—Congreve.

✣

TENTH

Keep the mind in the attitude of ever desiring whatever quality you need to succeed in your effort. It should be accompanied with this thought: "I will do what I have set out to do." —Mulford.

ELEVENTH

The mind in repose, draws spiritual element to recuperate the body.

—Mulford.

✣

TWELFTH

Beauty, unaccompanied by virtue, is as a flower without perfume.

—From the French.

✣

THIRTEENTH

No talent, no self-denial,
No brains, no character,
Is required to set up
In the grumbling business.

—West.

✣

FOURTEENTH

It is more fruitful to strive to correct one's self than to find fault with others.

—Rochefoucauld.

✣

FIFTEENTH

Talkest thou of miracles? Thou art thyself a miracle; the whole world is a miracle.

—Marie Corelli.

SIXTEENTH

Thought is health; thought is achievement; thought is success.

—Lillian Whiting.

✣

SEVENTEENTH

Throw off what you do not wish by pursuing a new train of thought.

—Fletcher.

✣

EIGHTEENTH

Be enthusiastic; throw your energies into whatever you have to do. The glory is in rising to fresh heights.

—Matthews.

✣

NINETEENTH

Everything worth while comes in the form of growth. The solid oak does not grow in a night, but when once started, under normal conditions, it grows surely.

—Wood.

✣

TWENTIETH

The world is to us what we make it, and so is our physical organism.

—Evans.

TWENTY-FIRST

As welcome as sunshine,
In every place
Is the beaming approach
Of a good-natured face.

—Anonymous.

✣

TWENTY-SECOND

Every beautiful thought is an angel visit.

—Claxton.

✣

TWENTY-THIRD

Make thyself perfect; others happy.

—Bishop Spalding.

✣

TWENTY-FOURTH

Trust not too much your now resistless charms—
Those, age or sickness, soon or late disarms.

—Pope.

✣

TWENTY-FIFTH

Small habits well pursued may reach the dignity of crimes.

—Hannah More.

TWENTY-SIXTH

We are born weak; we have need of strength; we are born stupid; we have need of judgment. All that we have not at our birth, but which we need when we are grown, is given us by education.

—Rousseau.

✣

TWENTY-SEVENTH

Beauty of style, and harmony, and grace, and good rhythm depend on simplicity. I mean the simplicity of a rightly and a nobly ordered character.

—Plato.

✣

TWENTY-EIGHTH

It is what a man makes of himself that counts.

—Jordan.

Breathing

THE breath of life! How much it means, and yet how little to most of us. One of the great essentials to good health is to know how to breathe properly. We see so many narrow-chested people going through the world, just sniffing at the fresh air in a stingy sort of way, never taking a breath that reaches lower than the first or second rib. What a pity, when all the fresh air in the world is ours just for the taking!

It is important to breathe through the nose, not through the mouth. Breathing through the mouth reaches only the bronchial tubes and pushes the air into the lungs; breathing through the nose pulls the air into the lungs, opens the air cells, and makes them stronger.

Begin now and take all the fresh air you can get. Give your lungs a chance! Breathe deeply and sleep with your windows open; night air will not hurt you any more than the fresh air that you breathe during the waking hours. Begin each day, by taking fifteen or twenty deep breaths of fresh air at an open window or door, immediately upon arising; it is a splendid tonic to start the new day with, and not only strengthens and develops the chest and lungs,

but helps to purify the blood and the entire system. An abundance of fresh air is necessary to health, strength and beauty.

Deep breathing will tone up the nerves, and give a better circulation; it will make the complexion clearer, the eyes brighter and the lungs stronger. If people would breathe more, there would be fewer pulmonary disorders. "Eat plenty of air", and drink freely of water and you will find that colds and catarrhal troubles will gradually disappear. If a cold asserts itself, begin at once to breathe deeply, taking all the air into the lungs that they will hold, expelling, and then breathing deeply and freely again, until at least twenty full breaths have been taken; drink copiously of cold water, and in nine cases out of ten, Nature will do the rest.

MARCH

FIRST

He lives most life whoever breaths most air.
—Elizabeth Barrett Browning.

✣

SECOND

All means that conduce to health can neither be too painful nor too dear to me.
—Montaigne.

✣

THIRD

In quietness and in confidence shall be your strength.
—Isaiah xxx: 15.

✣

FOURTH

Rest not, life is sweeping by!
Go and dare before you die,
Something mighty and sublime
Leave behind to conquer time.
Glorious 'tis to live for aye
When these forms have passed away.
—Goethe.

FIFTH

Self-distrust is the cause of most of our failures. In the assurance of strength there is strength, and they are the weakest—however strong—who have no faith in themselves or their powers.

—Bovee.

✣

SIXTH

Talents are nurtured best in solitude; but character in life's tempestuous sea.

—Goethe.

✣

SEVENTH

This is what we call character; a reserved force, which acts directly by presence, and without means.

—Emerson.

✣

EIGHTH

If the nose of Cleopatra had been a little shorter, it would have changed the history of the world.

✣ —Pascal.

NINTH

He hath no power that hath no power to use.

—Bailey.

TENTH

I have lived to know that the secret of happiness is never to allow your energies to stagnate.

—Clarke.

ELEVENTH

The hand that follows intellect can achieve.

—Michael Angelo.

TWELFTH

Those cheerful people—philosophers—ever ready to see the bright side of everything in life, are young forever.

—Max O'Rell.

THIRTEENTH

The test of a man's strength and worth is not so much what he accomplishes, as what he overcomes.

—Bishop Spalding.

FOURTEENTH

Live pure, speak true, right wrong,
Else wherefore born.

—Tennyson.

FIFTEENTH

There is little excuse in this age for chronic illness or deformity.

—West.

SIXTEENTH

Every habit and faculty is preserved and increased by corresponding actions. Whatever you would make habitual, practice it.

—Epictetus.

✣

SEVENTEENTH

To do well it is necessary to believe in the worth of what we do.

—Bishop Spalding.

✣

EIGHTEENTH

Gymnastics, as well as music, should begin in early years.

✣ —Plato.

NINETEENTH

The great secret of education is to make the exercises of the body and of the mind always serve as a recreation for each other.

—Rousseau.

✣

TWENTIETH

If any one doubts the importance of an acquaintance with the fundamental principles of physiology, as means to complete living—let him look around and see how many men and women he can find in middle or later life who are thoroughly well.

—Spencer.

TWENTY-FIRST

The first law of success is concentration.

—Matthews.

✣

TWENTY-SECOND

He who by the plow would thrive
Himself must either hold or drive.

—Franklin.

✣

TWENTY-THIRD

There's life alone in duty done,
And rest alone in striving.

—Whittier.

✣

TWENTY-FOURTH

It is good to be merry and wise;
It is good to be honest and true.

—Burns.

✣

TWENTY-FIFTH

Education is to teach us how to live,—not how to make a living.

—Dr. Munger.

✣

TWENTY-SIXTH

The preservation of health is a duty, and all breaches of the laws of health are physical sins.

—Spencer.

TWENTY-SEVENTH

Absence of occupation is not rest,
A mind quite vacant is a mind distressed.
—Cowper.

✣

TWENTY-EIGHTH

The finest qualities of our natures, like the bloom on fruits, can be preserved only by the most delicate handling.
—Thoreau.

✣

TWENTY-NINTH

A man's nature either runs to herbs or weeds; therefore let him seasonably water the one, and destroy the other.
—Bacon.

✣

THIRTIETH

Unless your cask is perfectly clean, whatever you pour into it turns sour.
—Horace.

✣

THIRTY-FIRST

Simple diet is best; for many dishes bring many diseases; and rich sauces are worse than even heaping several meats upon each other.
—Pliny.

How to Get Fat

MANY times it is as hard to take on flesh as it is to reduce it. First, locate the cause of the leanness and then remove it by hygienic methods.

Lack of flesh may be due to various conditions or reasons, and it is useless to try to remedy the leanness as long as the cause is operating.

Poor digestion, or mal-assimilation of one's food, as often as any other cause, interferes with the accumulation of flesh; overwork or too much nerve tension may be productive of thinness; improper diet, or a weakness of some of the vital organs;—all of these things keep one from building up and putting on flesh.

The diet of a thin person should consist of carefully selected foods that tend to produce fat; remember, it is not the amount of food eaten, but the amount digested, that furnishes the nourishment for the body.

Systematic exercise should be taken every day, if only for five minutes, especially such exercises as reach and strengthen the digestive organs, giving them a regular internal massage.

Deep breathing aids digestion and strengthens the stomach.

But above all—learn to let go! Get the tension out of your body, and relax mentally and physically, for no matter how well you care for the body, if you keep yourself keyed up to a high nervous pitch, and worry, fret and fume over the trivial things in life, you will destroy the good effect of any thing you may do for your body.

"Physical health without a restful state of mind is an impossibility" and "cheerfulness is, to every nerve, what sunshine is to the plant". So keep the mind in a sunshiny condition. In other words,—laugh and grow fat!

APRIL

FIRST

I am resolved to grow fat, and look young till forty.

—Dryden.

SECOND

Great perfection comes of qualities successively acquired, till they gain perfection.

—Balzac.

THIRD

The body is continually changing its elements in accordance with the condition of the mind.

—Mulford.

FOURTH

The desire of life and health is implanted in man's nature; the love of liberty and enlargement is a sister passion to it.

—Sterne.

FIFTH

All the powers of the universe are potentially contained in man and man's physical body.

—Paracelsus.

SIXTH

My will is so much my own that I am only to blame if I do not will what I ought.

—Fenelon.

✣

SEVENTH

There is a correspondence of all things of the mind with all things of the body.

—Swedenborg.

✣

EIGHTH

Systems exercise the mind, but faith enlightens and guides it.

✣ —Voltaire.

NINTH

Patience is bitter, but its fruit is sweet.

—Anonymous.

✣

TENTH

Study mental hygiene—take long doses of "dolce far niente", and be in no hurry about anything in the universal world.

—George Eliot.

✣

ELEVENTH

Every individual is a marvel of unknown and unrealized possibilities.

—Jordan.

TWELFTH

The secret of the highest power is simply the uniting of the outer agencies of expression, with the power that works from within.

—Trine.

✣

THIRTEENTH

The gods give nothing really good and beautiful without labor and diligence.

—Xenophon.

✣

FOURTEENTH

Grant me to become beautiful in the inner-man, and that whatever outward things I may have may be at home with those within.

—Plato.

✣

FIFTEENTH

Possess a well-balanced mind.

—Horace.

✣

SIXTEENTH

Internal and external self-control and faith are the nature-born duties.

—Bhagavadgita.

SEVENTEENTH

Woman is the symbol of moral and physical beauty.

—Gautier.

EIGHTEENTH

Venus herself, if she were bald, would not be Venus.

—Apuleius.

NINETEENTH

The beauty of nature must always seem unreal and mocking, until the landscape has human figures that are as good as itself.

—Emerson.

TWENTIETH

Would you remain always young and would you carry all the joyousness and bouyancy of youth into your maturer years? Then have care concerning one thing—how you live in your thought world.

—Trine.

TWENTY-FIRST

Be pleasant until ten o'clock in the morning, and the rest of the day will take care of itself.

—Anonymous.

TWENTY-SECOND

The problem of life is not to make life easier, but to make men stronger.

—Jordan.

✣

TWENTY-THIRD

A woman lacking true culture is said to betray by her conversation a mind of narrow compass, bounded on the north by her servants, on the east by her children, on the south by her ailments, and on the west by her clothes.

—Kingsland.

✣

TWENTY-FOURTH

There are three things that women throw away—their time, their money and their health.

—Anonymous.

✣

TWENTY-FIFTH

If there can be any one whose power is in beauty, in purity, in goodness, it is woman.

—Beecher.

✣

TWENTY-SIXTH

I honor health as the first muse, and sleep as the condition of health.

—Emerson.

TWENTY-SEVENTH

Why do we so often prefer to believe in the necessity of suffering and weakness, rather than in the possibility of strength and gladness.

✣ —Newcomb.

TWENTY-EIGHTH

By indulging in healthy thoughts, you attract to yourself everything necessary to your well being—happiness, health, strength, friends.

✣ —Anonymous.

TWENTY-NINTH

Who ever has the power of concentrating his attention, and controlling his will, can emancipate himself from most of the minor ills of life.

—Sir John Lubbock.

✣

THIRTIETH

To be free minded and cheerfully disposed at hours of meat and of sleep and of exercise, is one of the best precepts of long lasting.

—Bacon.

Worry

"WORRY is the most popular form of suicide"—so do not magnify the petty annoyances of life. If there are any real troubles or worries, always remember that "The darkest day, live till to-morrow, will have passed away". In order to meet life's work successfully you must cultivate a hopeful disposition, a heart courageous and self-confidence. Have faith in yourself and you will conquer all obstacles. Worry, doubts and fears are stumbling-blocks in the pathway to success. Worry weakens the vital forces, and ruins health and beauty; it adds fuel to the fire of your temper, and will disfigure your face with untimely lines.

"Worry is a state of spiritual corrosion; a trouble either can be remedied, or it cannot be. If it can be, then set about it; if it cannot be, dismiss it from consciousness, or bear it so bravely that it may become transfigured into a blessing". The habit of worrying grows upon you, and it must be looked upon as a disease; it is life's daily habits that affect you most, and your habits of thought need constant vigilance. Call a halt occasionally and have a general "weeding-out" time; clear the mind of

all unwholesome, pessimistic thoughts and replace them with hopeful, cheerful ones. Just try it—you who have formed the habit of worrying over trifles—and see what a brighter, happier, more cheerful world yours will be.

"Some of your griefs you have cured,
And the sharpest you still have survived;
But what torments of pain you endured
From evils that never arrived."

MAY

FIRST

Worry is forethought gone to seed.

—Jordan.

✣

SECOND

Pessimism is born of waning vitality, of lack of faith, hope and love.

—Rochefoucauld.

✣

THIRD

Contentment consists not in great wealth, but in few wants.

✣ —Epicurus.

FOURTH

A cheerful, intelligent face is the end of culture, and success enough, for it indicates the purpose of nature and wisdom attained.

—Emerson.

✣

FIFTH

You have not fulfilled every duty unless you have fulfilled that of being pleasant.

—Buxton.

SIXTH

Refuse to entertain thy troubles and sorrows, and they will leave thee.

—Bishop Spalding.

✣

SEVENTH

Let us be of good cheer, remembering that the misfortunes hardest to bear are those which never come.

—Lowell.

✣

EIGHTH

It is the ague-fit of worry that consumes strength, and furrows the cheek, and brings on decrepitude.

—Cuyler.

✣

NINTH

I pack my troubles in as little compass as I can for myself, and never let them annoy others.

—Southey.

✣

TENTH

Wondrous is the strength of cheerfulness; altogether past calculation its power of endurance.

—Carlyle.

ELEVENTH

It is easy to find fault; appreciation requires intelligence and character.

—Bishop Spalding.

✣

TWELFTH

Care, to our coffin adds a nail, no doubt,
And every grin so merry draws one out.

—Wolcott.

✣

THIRTEENTH

"The world, dear child, is as we take it,
And life, be sure, is what we make it."

—Anonymous.

✣

FOURTEENTH

Wrinkles disfigure a woman less than ill-nature.

✣ —Dupuy.

FIFTEENTH

Without good nature man is but a better kind of vermin.

✣ —Bacon.

SIXTEENTH

Come over on the sunny side of life—there is room there for all—and it is a matter of choice.

—Barnetta Brown.

SEVENTEENTH

He who brings sunshine into the life of another has sunshine in his own.

—Jordan.

✣

EIGHTEENTH

If you have not slept, or if you have slept, or if you have headache or sciatica, or leprosy or thunderstroke, I beseech you by all angels to hold your peace, and not pollute the morning—to which all the house-mates bring serene and pleasant thoughts—by corruption and groans.

—Emerson.

✣

NINETEENTH

If you want to be cheerful, jes set yer mind on it an' do it. Can't none of us help what traits we start out in life with, but we kin help what we end up with.

—"Mrs. Wiggs"—Alice Hegan Rice.

✣

TWENTIETH

Stop lookin' fer trouble, an' happiness'll look fer you.

—Bacheller.

TWENTY-FIRST

I joined the new "Don't Worry Club"
And now I hold my breath;
I am so scared for fear I'll worry,
That I'm worried most to death.

—Wood.

✣

TWENTY-SECOND

It's a poor business looking at the sun with a cloudy face.

"Lovey Mary"—Alice Hegan Rice.

✣

TWENTY-THIRD

Worry is the father of insomnia.

—Jordan.

✣

TWENTY-FOURTH

It is with narrow-souled people as with narrow-necked bottles; the less they have in them, the more noise they make in pouring it out.

—Pope.

✣

TWENTY-FIFTH

Many a lean dyspeptic who has no appetite for his food, and no refreshing rest in his sleep, is simply dying of worry and peevishness. The acrid humors of the mind have struck through and diseased the digestive organs.

—Cuyler.

TWENTY-SIXTH

Worry is mental poison;—work is mental food.

—Jordan.

TWENTY-SEVENTH

Noble thoughts and pure loves improve the countenance and give dignity and grace to one's whole bearing. A fair and luminous soul makes its body beautiful.

—Rochefoucauld.

TWENTY-EIGHTH

The three great things are, good health, work, and a philosophy of life.

—Jack London.

TWENTY-NINTH

"The face is the reflex of the inner-life. The illumination of the countenance must come from within."

—Anonymous.

THIRTIETH

If you cannot do anything else to help along —just smile.

—Eleanor Kirk.

THIRTY-FIRST

It's easy enough to be cheerful when life rolls
along like a song,
But the man worth while is the one who can
smile when everything goes dead wrong.

—Ella Wheeler Wilcox.

Beauty

"BEAUTY is divine and is a gift direct from God." It is a fact not to be disputed, that beauty is power, but there are as many degrees of beauty as there are of natures, and true beauty must be reflected from within, as well as being apparent from without, for the face is the reflection of the inner-life.

Socrates called beauty "a short-lived tyranny"; Plato "A privilege of Nature"; while Aristotle affirmed that "beauty was better than all the letters of recommendation in the world". No doubt they were all correct in their opinions. Beauty is surely a woman's heritage and its mystic power rules the universe.

Beauty of face can be bought by paying the price for it—namely—by learning and practicing the philosophy of goodness, happiness and contentment, giving out smiles in place of frowns—good cheer in place of discouragement, and cultivating all of the characteristics that are essential to "evolve the wonderful soul design that lies folded within each of us."

If nature has not given you beauty as a natural heritage, it is your own fault if you do not create a beauty all your own. Individuality is the soul of beauty, and it is foolish to copy by

artificial means that belonging to another—"be yourself, never imitate."

There is no beautifier more powerful than a genuine interest in something. Put your heart and soul into work of some kind, giving it all the enthusiasm that your nature is capable of, and note the effect it produces in the expression of your face and character of your features. Every quality of the mind is expressed in the face, whether it be hopefulness, enthusiasm, good cheer, harmony, purity, health—or the lack of these things.

The body is but an outward expression of our spiritual self, and is either formed or deformed by our thought-world.

"It doth not yet appear what we shall be", but much of our beauty—mental, physical or moral—lies in our own hands. "We are fearfully and wonderfully made" and as the sculptor deftly carves a beautiful statue from a block of marble, so will the habit of "bright thinking" mould an expression of face which is divinely fair.

June

FIRST

If eyes were made for seeing, then beauty is its own excuse for being.

—Emerson.

✣

SECOND

For beauty most truly passes into the person who studies the beautiful. No one can give out what he does not have to give.

—Hazard.

✣

THIRD

Habit writes itself on the face—and the body is an automatic recording machine.

—Hubbard.

✣

FOURTH

To have a beautiful old age you must live a beautiful youth, for we ourselves are posterity, and every man is his own ancestor.

—Hubbard.

✣

FIFTH

All orators are dumb when beauty pleadeth.

—Shakespeare.

SIXTH

The whisper of a beautiful woman can be heard further than the loudest call of duty.

—Anonymous.

✣

SEVENTH

A beautiful woman pleases the eye, a good woman pleases the heart; one is a jewel, the other a treasure.

—Napoleon I.

✣

EIGHTH

Beauty without grace is a hook without a bait.

✣ de Leuclos.

NINTH

Beauties in vain their pretty eyes may roll,
Charms strike the sight, but merit wins the soul.

✣ —Pope.

TENTH

In beauty, that of decent and gracious motion is more than that of favor.

—Bacon.

✣

ELEVENTH

A green old age—unconscious of decay.

—Pope.

TWELFTH

'Tis beauty calls, and glory shows the way.
—Lee.

✣

THIRTEENTH

That beauty is the normal state, is shown by the perpetual effort of nature to attain it.
—Emerson.

✣

FOURTEENTH

The hand that hath made you fair hath made you good.
—Shakespeare.

✣

FIFTEENTH

Virtue is beauty; in a noble mind
Whatever is most fair, thou'lt surely find.
—Bishop Spalding.

✣

SIXTEENTH

"When we understand that every divine quality can be cultivated and brought to physical expression, then shall we understand the true value and supreme dignity of beauty."
—Anonymous.

SEVENTEENTH

Beauty in woman is power.

—De Rotrou.

✣

EIGHTEENTH

All persons exist to society by some shining trait of beauty or utility, which they have.

—Emerson.

✣

NINETEENTH

She is pretty to walk with, and witty to talk with, and pleasant, too, to think on.

—Sir John Suckling.

✣

TWENTIETH

Refinement creates beauty everywhere.

—Hazlett.

✣

TWENTY-FIRST

Harmony is beauty, poise is beauty, happiness and health are beauty.

—Dresser.

✣

TWENTY-SECOND

A thing of beauty is a joy forever; its loveliness increases: it will never pass into nothingness.

—Keats.

TWENTY-THIRD

To oxen, horns; to horses, their hoofs, had nature given; to timid hares, their fleetness; and fearful teeth to lions; to fish, the power of swimming; to birds, the power of flying; to man, of understanding. What, then, was left for woman? What could she give her? Beauty; above all other weapons, offensive or defensive, she conquers even iron, or fire, whom beauty aideth.

—Anonymous.

✣

TWENTY-FOURTH

He thought it happier to be dead, to die for beauty, than live for bread.

—Emerson.

✣

TWENTY-FIFTH

'Tis not a lip or eye, we beauty call,
But the joint force and full result of all.

—Pope.

✣

TWENTY-SIXTH

Give me a look, give me a face, that makes simplicity a grace.

—Jonson.

TWENTY-SEVENTH

A free soul only, grows not old,
For he lives in worlds unseen;
Where stealthy Time can take no hold,
Nor dim fair beauty's sheen.
—Bishop Spalding.

✣

TWENTY-EIGHTH

Beauty draws us with a single hair.
—Pope.

✣

TWENTY-NINTH

Beauty rides on a lion.
—Emerson.

✣

THIRTIETH

Earth's noblest thing—a woman perfected.
—Lowell.

Self-Possession

TO be successful, a person must be self-poised, and to be self-poised one must have the balancing power of thought, which brings poise and even strength.

It is an erroneous belief that the constant use of the brain is destructive of physical strength, for men of thought and mental force have invariably been distinguished for longevity of life. The great problem of to-day is—how best to conserve our forces, mental and physical—to get the best results.

There is such mental confusion everywhere! We are living in an age of wonderful inventions, great discoveries, new thoughts, and unrestricted impressions; the world is literally torn up with new ideas and suggestions, each one contradicting the other. Is it any wonder that our minds are confused and bewildered, and that we lack the balancing power of thought which brings self-poise, strength and longevity?

Be thou but self-possessed
And thou hast the art of living.

—Goethe.

JULY

FIRST

Stick to your aim—the mongrel's hold will slip, but only crowbars loose the bull-dog's grip.

✣

—Holmes.

SECOND

He that has patience may compass anything.

—Rabelais.

✣

THIRD

One thorn of experience is worth a whole wilderness of warning.

—Lowell.

✣

FOURTH

Errors, like straws, upon the surface flow;
He who would search for pearls must dive below.

✣

—Dryden.

FIFTH

Self-reverence, self-knowledge, self-control,
—these three alone lead life to sovereign power.

—Tennyson.

SIXTH

Make the most of yourself for that is all there is of you.

—Emerson.

✣

SEVENTH

Just do a thing and don't talk about it. This is the great secret of success in all enterprises. Talk means discussion, discussion means irritation, irritation means opposition, and opposition means hindrance always, whether you are right or wrong.

—Sarah Grand.

✣

EIGHTH

The important thing is to have an aim and to pursue it with perseverance.

—Bishop Spalding.

✣

NINTH

Mental power helps to keep the body strong and to preserve it.

—Matthews.

✣

TENTH

Honor and shame from no condition rise,
Act well your part, there all the honor lies.

—Pope.

ELEVENTH

Nothing is so strong as gentleness; nothing so gentle as real strength.

—St. Francis de Sales.

✣

TWELFTH

Brain-building is the science of the future.

—Gates.

✣

THIRTEENTH

Reserved knowledge is always reserved strength.

—Kingsley.

✣

FOURTEENTH

Never hold anybody by the button or the hand, in order to be heard out, for if people are not willing to hear you, you had much better hold your tongue, than them.

—Chesterfield.

✣

FIFTEENTH

Example is the school of mankind, and they will learn at no other.

—Burke.

SIXTEENTH

Best men are moulded out of faults.

—Shakespeare.

✣

SEVENTEENTH

Culture implies all which gives a mind possession of its powers.

—Emerson.

✣

EIGHTEENTH

My strength is as the strength of ten,
Because my heart is pure.

—Tennyson.

✣

NINETEENTH

Strength and weakness of mind are misnamed; they are really only the good or happy arrangement of our bodily organs.

—Rochefoucauld.

✣

TWENTIETH

The human race is divided into two classes—those who go ahead and do something, and those who sit and inquire, "Why wasn't it done the other way?"

—Holmes.

TWENTY-FIRST

The true, strong, and sound mind is the mind that can embrace equally great things and small.

—Johnson.

✣

TWENTY-SECOND

By exercise of its faculties, the spirit grows, just as a muscle grows strong through continual use.

—Hubbard.

✣

TWENTY-THIRD

Order and system are nobler things than power.

—Ruskin.

✣

TWENTY-FOURTH

Let the old tell what they have done, the young what they are doing, and the fools what they intend to do.

—Bishop Spalding.

✣

TWENTY-FIFTH

In public affairs, weak heads have wrought more ruin than wicked hearts.

—Rochefoucauld.

TWENTY-SIXTH

It is hard for an empty bag to stand upright.
—Benjamin Franklin.

✣

TWENTY-SEVENTH

Knowledge is more than equivalent to force.
—Samuel Johnson.

✣

TWENTY-EIGHTH

Luck is ever waiting for something to turn up; labor, with keen eyes, and strong will, will turn up something.

✣ —Cobden.

TWENTY-NINTH

One can stop when he ascends, but not when he descends.

✣ —Napoleon I.

THIRTIETH

Two-thirds of life is spent in hesitating, and the other third in repenting.
—Souvestre.

✣

THIRTY-FIRST

Trifles make perfection, and perfection is no trifle.
—Michael Angelo.

Exercise

DAILY exercise is an important factor in life, in order to secure a healthy action of the nerves, for the nerves control all movements of the body. Proper exercise, giving the right amount of pressure and strain, is necessary, that all the muscles of the body may become strong and healthy, but one should never exercise until the vital forces of the body are used up in muscular action.

A very small percentage of women possess the suppleness, strength and beauty of form, which is theirs by right, if they will take the amount of exercise necessary to round out the curves and angles.

Exercise helps to keep the body young and symmetrical; it is the lubricating oil for stiff joints and unused muscles. Frequent exercise of the muscles quickens the flow of blood in the veins, and helps to strengthen the heart action; and well directed exercises will relieve the heart of much hard labor.

Few women are courageous enough to discipline their bodies that they may be symmetrical in figure and graceful in carriage; few indeed, appreciate the fact that grace of movement not only helps to maintain health, but to regain it, if lost.

AUGUST

FIRST

The only way for a rich man to be healthy is by exercise and abstinence,—to live as if he were poor. —Sir W. Temple.

✣

SECOND

Grace is to the body what good sense is to the mind.

—Rochefoucauld.

✣

THIRD

We in vain summon the mind to intense application, when the body is in a languid state.

—Gallus.

✣

FOURTH

"As the soil, however rich it may be, cannot be productive without culture, so the mind without cultivation can never produce good fruit."

✣ —Anonymous.

FIFTH

Perfection is attained by slow degrees; she requires the hand of time.

—Voltaire.

SIXTH

He who does not take time for exercise will have to take time for illness.

—Lord Derby.

✣

SEVENTH

He is the best physician who is the best teacher of gymnastics.

—Galen.

✣

EIGHTH

The first wealth is health.

—Emerson.

✣

NINTH

The more the will surmounts obstacles, the more it gains in power. Hope may then unite itself unceasingly to faith.

—Philosophy of Hermes.

✣

TENTH

Take time enough, all other graces will soon fill up their proper places.

—Byron.

ELEVENTH

Style is the dress of thoughts.

—Chesterfield.

✣

TWELFTH

I am always in haste, but never in a hurry.

—John Wesley.

✣

THIRTEENTH

Each one of us is the builder of a temple called the body, nor can we get off by hammering marble instead.

—Lyon.

✣

FOURTEENTH

The best doctors in the world are: Doctor Diet, Doctor Quiet, and Doctor Merryman.

—Swift.

✣

FIFTEENTH

We have had something too much of the gospel of work. It is time to preach the gospel of relaxation.

—Spencer.

SIXTEENTH

Let us pause and catch our breath
On the hither side of death;
Lose all troubles, gain release,
Languor and exceeding peace.
—James Whitcomb Riley.

✣

SEVENTEENTH

It is certain that either wise bearing or ignorant carriage is caught as men take diseases, one of another; therefore let men take heed of their company.

✣ —Shakespeare.

EIGHTEENTH

Action is transitory—a step a blow; the motion of a muscle, this way or that.

—Wordsworth.

✣

NINETEENTH

If I cannot realize my Ideal
I can at least idealize my Real.

—Gannett.

✣

TWENTIETH

The best is yet to be, the last of life,—for which the first was made.

—Browning.

TWENTY-FIRST

Woman is the nervous part of humanity; man the muscular.

—Halle.

TWENTY-SECOND

Thus it becomes more and more evident that true living is not merely a mechanical or even a scientific process only, but it is an art—the finest of the fine arts.

—Lyon.

TWENTY-THIRD

Ill habits gather by unseen degrees,
As brooks make rivers, rivers run to seas.

—Dryden.

TWENTY-FOURTH

Strong reasons make strong actions.

—Shakespeare.

TWENTY-FIFTH

A people who are still, as it were, but in the gristle, and not yet hardened into the bones of manhood.

—Burke.

TWENTY-SIXTH

God hath made man upright, but they have sought out many inventions.

—Eccl. vii: 29.—Old Test.

TWENTY-SEVENTH

We think with our bodies as well as our minds. Scientists tell us not only that the spinal cord contains grey matter like the brain, but that all our nerve processes are forms of thought. We therefore think literally to the ends of our fingers and toes.

—Lyon.

✣

TWENTY-EIGHTH

Man seems the only growth that dwindles here.

✣ —Goldsmith.

TWENTY-NINTH

Certainly nothing is unnatural that is not physically impossible.

—Sheridan.

✣

THIRTIETH

But when ill indeed,—e'en dismissing the doctor don't always succeed.

—George Colman, Jr.

✣

THIRTY-FIRST

Man as yet is being made,
And ere the crowning age of ages,
Shall not aeon after aeon pass,
And touch him into shape?

—Tennyson.

Obesity: Cause and Cure

TOO much flesh is caused by the mal-assimilation of one's food, whereby fat accumulates in and between the tissues, instead of being consumed in the body as it should be to supply strength, activity and heat.

One great cause of obesity is over-eating; another cause is too little exercise of the right kind.

Exercises should be carefully directed and executed, so they will reach the parts that have become overgrown or out of proportion, for good results cannot be obtained by careless, promiscuous work.

Any one who really desires to get rid of superfluous flesh can do so if they will adopt a regular code of exercise and be careful about eating foods that create fat.

Don't let "fatty inertia" keep you from exercising sufficiently each day to stimulate the body to activity and energy.

Get yourself out of the sluggish habits that breed fat. Start each new day with the determination that you will not be tied down to earth by clod upon clod of fatty tissue.

Try a little sensible fasting—reduce the quantity of your food to one-third the usual

amount at each meal, or leave out one meal daily. You will be surprised how little food is needed, not only to maintain your strength, but increase it. Nothing so quickly clears the complexion, brightens the eyes, and tones up the whole system, as a little judicious fasting.

In your diet avoid sweets, starches and fats, and avoid all stimulants; use no coffee, fresh bread or potatoes, and do not drink water except between meals.

One of the world's most noted scientists says that "the entire human structure can be completely changed, made over, within a period of less than a year, and that some portions can be entirely remade within a period of a very few weeks."

Six weeks of systematic and persistent exercising, careful dieting and proper bathing will produce most gratifying results—try it!

SEPTEMBER

FIRST

O, that this too, too solid flesh would melt!

—Shakespeare.

✣

SECOND

The spirit indeed is willing, but the flesh is weak.

—New Testament.

✣

THIRD

There is an inmost center in us all, where truth abides in fulness, and around, wall upon wall, gross flesh hems it in.

—Browning.

✣

FOURTH

Her stature tall,—I hate a dumpy woman.

—Byron.

✣

FIFTH

Your absence of mind we have borne, till your presence of body came to be called in question by it.

—Lamb.

SIXTH

The form—the form alone is eloquent!

—Bonaparte.

✣

SEVENTH

How can I hear what you say when what you are is forever thundering in my ears?

—Emerson.

✣

EIGHTH

Not soul helps flesh more than flesh helps soul.

—Browning.

✣

NINTH

We know what we are, but we know not what we may be.

—Shakespeare.

✣

TENTH

"I have fed like a farmer. I shall grow as fat as a porpoise."

—Anonymous.

ELEVENTH

The chief pleasure (in eating) does not consist in costly seasoning or exquisite flavor—but in yourself. Do you seek for sauce by sweating?

—Horace.

÷

TWELFTH

A faultless body and a blameless mind.

—Pope.

÷

THIRTEENTH

Come forth into the light of things—let Nature be your teacher.

—Wordsworth.

÷

FOURTEENTH

And all may do what has by man been done.

—Young.

÷

FIFTEENTH

Few things are impossible to diligence and skill.

—Johnson.

SIXTEENTH

There is a wisdom in this beyond the rules of physic: a man's own observation, what he finds good of and what he finds hurt of, is the best physic to preserve health.

—Bacon.

✣

SEVENTEENTH

Too much food is a far more common error than too little. The laws of life put a premium upon moderation.

—Wood.

✣

EIGHTEENTH

Fair, fat and forty.

—Scott.

✣

NINETEENTH

God may forgive sins, but awkwardness has no forgiveness in heaven or earth.

—Emerson.

✣

TWENTIETH

My business is not to remake myself, but make the absolute best of what God made.

—Robert Browning.

TWENTY-FIRST

Nature is often hidden, sometimes overcome, seldom extinguished.

—Bacon.

✣

TWENTY-SECOND

Physical culture covers the ground work of bodily well-being, and embraces every aid to perfect health.

—Hancock.

✣

TWENTY-THIRD

An easy manner and carriage must be wholly free from those odd tricks, ill habits and awkwardness, which even very worthy and sensible people have in their behavior.

—Chesterfield.

✣

TWENTY-FOURTH

And ne'er did Grecian chisel trace, a Nymph, a Naiad or a Grace, of finer form or lovelier face.

—Scott.

✣

TWENTY-FIFTH

A daughter of the gods, divinely tall and most divinely fair.

—Tennyson.

TWENTY-SIXTH

Many things difficult to design prove easy to perform.

—Johnson.

✣

TWENTY-SEVENTH

There's not a monster bred beneath the sky,
But well disposed by art may please the eye.

—Brunetiere.

✣

TWENTY-EIGHTH

Awkwardness is a more real disadvantage than it is generally thought to be; it often occasions ridicule, it always lessens dignity.

—Chesterfield.

✣

TWENTY-NINTH

She wears her clothes as if they were thrown on with a pitchfork.

—Swift.

✣

THIRTIETH

Such dainties to them, their health it might hurt,
It's like sending them ruffles when wanting a shirt.

—Goldsmith.

Foods

IF we understood more thoroughly the medicinal value of foods, we could many times use them for physical ills. For example: spinach and dandelion are good for the kidneys, celery is good for nervous disorders, rheumatism, neuralgia and nervous dyspepsia; while lettuce has often relieved insomnia. Asparagus has a tendency to induce perspiration and relieve the system of impurities. Tomatoes contain vegetable calomel and are good in some cases for liver troubles as also is parsley. But at the head of the list, for curative properties, stands the humble onion, and in no well-regulated household should they be absent from the table more than one day in the week. If eaten every day, they have a remarkable whitening effect upon the complexion. Pieplant is excellent for purifying the blood, and figs as a food for a sluggish condition of the system.

It is impossible to prescribe a full diet for general use, without knowing existing conditions. Exercise care in diet, avoid rich pastries and all foods which disagree with you when in good health. Eat regularly and do no mental or laborious work immediately after eating, for this is the time when the stomach

requires the blood to assist in the process of digestion.

If the digestive organs are working properly, the brain and nerves will be supplied with the pure blood necessary to keep them healthy and strong,—and a good digestion goes a long way toward making a cheerful, happy life and a desirable old age.

Dr. E. H. Dewey says, "Take away food from a sick man's stomach and you have begun, not to starve the sick man, but the disease."

Dr. Nicholas Senn, one of Chicago's leading surgeons, says: "The average person eats too much. Simple living and plain food and a return to the life of fifty years ago would rob the grave of a hundred thousand victims annually. People must walk and breathe fresh air, or they will stagnate and die."

OCTOBER

FIRST

It is possible to be cured of everything and sick of nothing.

—Madame Swetchine.

✣

SECOND

Health! Thou chiefest good!
Bestow'd by heaven, but seldom understood.

—Lucan.

✣

THIRD

Now good digestion wait on appetite, and health on both.

✣ —Shakespeare.

FOURTH

Wilful dyspepsia is an abomination to the Lord.

✣ —Cuyler.

FIFTH

If we feel that we must have dyspepsia, let us keep it out of our head,—let us keep it from getting north of the neck.

—Jordan.

SIXTH

If you fly physic in health altogether, it will be too strange for your body when you shall need it. If you make it too familiar, it will work no extraordinary effect when sickness cometh.

—Bacon.

SEVENTH

In the treatment of nervous cases, he is the best physician who is the most ingenious inspirer of hope.

—Coleridge.

EIGHTH

Physic for the most part is nothing else but the substitute of exercise and temperance.

—Addison.

NINTH

The business man who lets his dyspepsia get into his disposition, and who makes every one around suffer because he himself is ill, is syndicating ill-health.

—Jordan.

TENTH

Throw physic to the dogs,—I'll none of it.

—Shakespeare.

ELEVENTH

Our remedies oft in ourselves do lie, which we ascribe to heaven.

—Shakespeare.

✣

TWELFTH

Sentimentally I am disposed to harmony; but organically I am incapable of a tune.

—Lamb.

✣

THIRTEENTH

Rigid care as to a digestible diet does not mean fussiness. It means a clear head, clean blood and a chance of longevity.

—Cuyler.

✣

FOURTEENTH

In sickness, respect health principally; and in health—action.

✣ —Bacon.

FIFTEENTH

Who shall decide when doctors disagree?

—Pope.

✣

SIXTEENTH

Even if a man has a fairly good and unmortgaged constitution to start with, there are several practices and methods to ward off the infirmities of a premature old age.

—Cuyler.

SEVENTEENTH

Plain living and high thinking.

—Wordsworth.

✣

EIGHTEENTH

Life is worth living, if it be lived in a way that is worth living.

—Jordan.

✣

NINETEENTH

Life must be lived on a higher plane. We must go up to a higher platform, to which we are always invited to ascend; there the whole aspect of things changes.

—Emerson.

✣

TWENTIETH

"Health, like worth of character, must be developed from within, not rubbed on from without."

To think, to feel, to act, to be,
This is life's mighty mystery;
But being is the secret spring,
From which the rest their birth-right bring.

—Upham.

TWENTY-FIRST

What makes all physical or moral ill?
There deviates nature, and here, wanders will.
—Pope.

✣

TWENTY-SECOND

Our strength grows out of our weakness.
—Emerson.

✣

TWENTY-THIRD

Man makes a death which nature never made.
—Young.

✣

TWENTY-FOURTH

Reason's whole pleasure, all the joys of sense,
Lie in three words,—health, peace and competence.
—Pope.

✣

TWENTY-FIFTH

Nothing is more absolute than the command of the mind over the body.
—Fenelon.

TWENTY-SIXTH

A few strong instincts and a few plain rules.

—Wordsworth.

✣

TWENTY-SEVENTH

There was never yet philosopher that could endure the toothache patiently.

—Shakespeare.

✣

TWENTY-EIGHTH

By a regular system of exercise, the joy of living is augmented.

—Gates.

✣

TWENTY-NINTH

In nothing do men approach so nearly to the gods as in giving health to men.

—Cicero.

✣

THIRTIETH

Simplicity cuts off waste and intensifies concentration.

✣ —Jordan.

THIRTY-FIRST

"For every ill beneath the sun
There is a remedy or none;
If there be one, resolve to find it;
If none, submit and never mind it."

—Anonymous.

Complexion

MOST of our famous beauties have been noted for the brilliancy of their complexions. There is always a distinct charm about a clear, smooth, delicately tinted skin, and no woman should submit to a dull, muddy, lifeless complexion, while the means to a fairer one lies in her own hands. Pure blood and health are the first requisites of a good complexion. Ruskin tells us that "Among all fine arts, one of the finest is that of painting the cheeks with health". We must work from within as well as from without to remove the constitutional causes of a poor complexion.

If the skin is coarse grained or full of large pores, it will give a rough, coarse appearance to any face. Coarse pores, pimples, blackheads, etc., are caused by impurities in the system; these impurities can be removed by careful dieting and systematic exercising.

A clear skin, of good color and firm texture, is the result of free breathing, a good digestion, perfect circulation, strong nerves and good powers of secretion and elimination.

Flabby, wrinkled skin and a sallow complexion will disappear under proper exercise, diet and fresh air.

Don't shorten your sleeping hours, for every hour that you take from sleep that is needed,

is that much taken from your life-forces. Sleep and plenty of it is necessary to keep your health, strength and vitality at its best.

Masticate your food thoroughly, as this habit lessens the work of the stomach, helps digestion and gives perfect assimilation of nutriment. Last, but not least, remember that a daily bath promotes health, strength and beauty. If the body is properly taken care of it will defy wrinkles and other marks of old age.

A simple remedy for toning up the skin is a few drops of lemon juice added occasionally to the water in which the face is bathed. Oatmeal, also, has great value as a toilet adjunct. A little muslin bag filled with oatmeal and put into the bathing water each day will be found excellent for softening the skin of the face; renew the oatmeal every few days.

The pores of the skin should be kept open so the waste matter will be carried off.

Rose water, diluted with the pure tincture of benzoin, whitens the skin wonderfully and is an excellent astringent to ward off wrinkles.

For blackheads, wash the face night and morning with water, warm as it can be borne, then bathe face for ten minutes in tepid milk with a very soft sponge. Continue the treatment for a month and you will note a gratifying improvement in the skin.

NOVEMBER

FIRST

Heaven is a habit. And if we are going to heaven we had better be getting used to it.

—Hubbard.

✣

SECOND

To begin well is not enough; you must keep on doing well. To hold on is harder than to start.

✣ —Thayer.

THIRD

Success depends on how long it takes.

—Montesquieu.

✣

FOURTH

Nobody ever tumbled into success or got there by mistake.

—Thayer.

✣

FIFTH

There is a transcendent power in example. We reform others unconsciously when we walk uprightly.

—Madame Swetchine.

SIXTH

There is no beautifier of complexion, or form, or behavior like the wish to scatter joy and not pain around us.

—Emerson.

SEVENTH

To have ideas is to gather flowers—to think is to weave them into garlands.

—Madame Swetchine.

EIGHTH

Life is a leaf of paper white
Whereon each one of us may write
His word or two—and then comes night.

—Lowell.

NINTH

The physical organism is like a magnificent musical instrument, to be kept in tune by the soul, which is the executive of the whole complex suit.

—Wood.

TENTH

The soul's dark cottage, battered and decayed,
Lets in new light through chinks that time has made.

—Waller.

ELEVENTH

There are various ways of prolonging life. None is more effectual than the right use of time.

—Spalding.

✣

TWELFTH

Whatever things injure your eye, you are anxious to remove: but things which affect your mind, you defer.

—Horace.

✣

THIRTEENTH

Although men are accused for not knowing their own weakness, yet perhaps as few know their own strength.

—Swift.

✣

FOURTEENTH

Choose such pleasures as recreate much and cost little.

—Fuller.

✣

FIFTEENTH

Hold up the ideal which you would see your associates realize.

—Dresser.

SIXTEENTH

"We become great and successful as we put all our mind, heart and soul into our work, and dignify it—no matter how apparently small and simple the work may be."

—Anonymous.

✣

SEVENTEENTH

He that wrestles with us, strengthens our nerves and sharpens our skill. Our antagonist is our helper.

✣ —Burke.

EIGHTEENTH

There is a certain dignity of manners, absolutely necessary, to make even the most valuable character either respected or respectable.

—Chesterfield.

✣

NINETEENTH

If you want youthful feelings during advancing years, step into them, and in due time they will be an easy fit.

—Wood.

✣

TWENTIETH

Self-culture aims at perfection and is the highest fulfillment of the law of God. It means perfect symmetrical development of all our powers of body, mind and spirit.

—Goethe.

TWENTY-FIRST

Those who would rise, must learn to stoop, as climbers have to bend.

—Bishop Spalding.

✣

TWENTY-SECOND

If a man constantly aspires, is he not elevated?

✣ —Thoreau.

TWENTY-THIRD

You are convinced by experience that most things are brought to a successful issue by calm and prudent forethought.

—Thucydides.

✣

TWENTY-FOURTH

When all is done, human life is at the greatest and best, but like a froward child, that must be played with and humored a little to keep it quiet, till it falls asleep, and then the care is over.

—Sir William Temple.

✣

TWENTY-FIFTH

That old age is an incurable malady is only partially true, for some vigorous persons pass four score years without even having caught it.

—Cuyler.

TWENTY-SIXTH

Those that put their bodies to endure in health, may, in most sicknesses which are not very sharp, be cured only with diet and tendering.

—Bacon.

TWENTY-SEVENTH

Real glory springs from the silent conquest of ourselves.

—Thomson.

TWENTY-EIGHTH

The excesses of our youth are draughts upon our old age, payable with interest about thirty years after date.

—Colton.

TWENTY-NINTH

The surest road to health, say what they will,
Is never to suppose we shall be ill.

—Churchill.

THIRTIETH

People who are always taking care of their health are like misers, who are hoarding up a treasure which they never have spirit enough to enjoy.

—Sterne.

Life is What we Make It

DON'T begin another day, week or year with the Parasite of Pessimism in your system. Work overtime, if necessary, to get a few rays of sunshine into your own life—and into the lives of others.

Pessimism is a mental disease and is far more contagious and harmful than any physical ailment on the calendar of human ills. Most physical ills may be overcome, but the effect of pessimistic thoughts breathed into your system day after day cannot fail to leave their imprint on even the most sunny disposition—oftentimes an imprint which Nature with all her beauty, charms and loveliness cannot efface.

It is as detrimental to live in an atmosphere of unhealthy thoughts and pessimistic views as it is to live in a damp, unventilated cellar, where God's sunshine never has a chance to get in at any of the crevices in the wall—or to remove the mildew and mould that has gathered there.

Open the windows of your heart and soul and let a little sunshine in—and out—the world will look like a different place to you.

Be optimistic! It doesn't cost any more, and it makes you and every one around you happier. Give out what you want to get back, and you will get it—with a hundred per cent interest added in the joy you will get from just living.

✣

LIFE IS WHAT WE MAKE IT

It's little things that make us pessimistic,
We bubble up with hatred all supreme;
We face the world in attitude that's fistic,
And swear that life is but a ribald dream.

It's little things that make us optimistic,
We wake up in the morning full of joy;
We find the world is good and altruistic
And every nugget shines without alloy.

Some people think they live by just existing.
They never see the grandeur of the sky;
They spend three-fourths of life in mere encysting,
And then some day they lie in bed and die.

And men there are who live in criticising,
They like to see you wince beneath the blow;
Their chiefest joy on earth is minimizing—
They never see the good things as they go.

And thus we pass in life with dual feelings;
We never try to find things as they are;
While some men try to win by crooked dealings,
Still others hitch their wagons to a star.

Don't aim to go through life by always shoving,
Don't try to push the other man away;
But try sometime, just try to be more loving
In dealing with your fellows day by day.

—Edwin C. Ranck.

DECEMBER

FIRST

Life is not so short but that there is always time enough for courtesy.

—Emerson.

✣

SECOND

Manner is all in all, whate'er is writ,
The substitute for genius, sense and wit.

—Cowper.

✣

THIRD

Character is educated will. What we steadfastly will to be, we become.

—Rochefoucauld.

✣

FOURTH

There is nothing either good or bad, but thinking makes it so.

—Shakespeare.

✣

FIFTH

Her voice was ever soft, gentle and low; an excellent thing in woman.

—Shakespeare.

SIXTH

It matters not how a man dies, but how he lives.

—Johnson.

SEVENTH

Solitude is as needful to the imagination as society is wholesome for the character.

—Lowell.

EIGHTH

Even from the body's purity, the mind receives a secret sympathetic aid.

—Thomson.

NINTH

What I aspired to be, and was not, comforts me.

—Browning.

TENTH

When we are old we may sometimes enlighten, but we can no longer persuade.

—Madame Swetchen.

ELEVENTH

Men are more eloquent than women made,
But women are more powerful to persuade.

—Randolph.

TWELFTH

Attempt the end and never stand in doubt,
Nothing's so hard but search may find it out.
—Herrick.

✣

THIRTEENTH

The truest end of life is to know the life that never ends.
—William Penn.

✣

FOURTEENTH

Shallow men believe in luck, strong men believe in cause and effect.
—Emerson.

✣

FIFTEENTH

Good health and good sense are two of life's greatest blessings.
—Lyons.

✣

SIXTEENTH

Politeness of mind consists of thinking refined and chaste thoughts.
—Rochefoucauld.

✣

SEVENTEENTH

Better not be at all than not be noble.
—Tennyson.

EIGHTEENTH

The fortunate circumstances of our lives are generally found to be of our own procuring.

—Goldsmith.

✣

NINETEENTH

Thinking is the function, living is the functionary. A great soul will be strong to live as well as strong to think.

—Emerson.

✣

TWENTIETH

He that would govern others, first should be master of himself.

✣ —Massinger.

TWENTY-FIRST

"Burning the midnight oil" commonly means burning up life, before your time. Morning is the time for work; one hour before noon is worth five after sunset.

—Cuyler.

✣

TWENTY-SECOND

Sickness, the mother of modesty, puts us in mind of our morality, and while we drive on heedlessly in the full career of worldly pomp and jollity, kindly pulls us by the ear and brings us to a proper sense of our duty.

—Burton.

TWENTY-THIRD

Weak persons cannot be sincere.

—Rochefoucauld.

✣

TWENTY-FOURTH

The sick man acts a foolish part who makes his physician his heir.

—Publius Syrus.

✣

TWENTY-FIFTH

Into thy soul's secluded vault,
Dare oft to go,—
Dig deep into thy mine of thought,
Nor spare the blow;
Illuminate the crevices
And all they hold;
Much dross thou mayest bring to light,
Mayhap much gold.

—Rena Hurd Ingham.

✣

TWENTY-SIXTH

It requires more ability and courage to think rightly than to act well.

—Bishop Spalding.

✣

TWENTY-SEVENTH

Character is nature in the highest form.

—Emerson.

TWENTY-EIGHTH

Search thine own heart; what paineth thee
In others, in thyself may be;
All dust is frail, all flesh is weak,
Be thou the true man thou dost seek.

—Whittier.

✣

TWENTY-NINTH

No good doctor now treats symptoms; he neither gives you something to relieve your headache, nor to settle your stomach. These are but timely ting-a-lings,—nature's warnings —look out! And the doctor tells you so and charges you a fee sufficient to impress you with the fact that he is no fool, but that you are.

—Hubbard.

✣

THIRTIETH

A living dog is better than a dead lion.

—Old Testament.

✣

THIRTY-FIRST

There is nothing we cannot overcome;
Say not thy evil instinct is inherited,
Or that some trait inborn makes thy whole life forlorn,
And calls down punishment that is not merited.

—Anonymous.

"Turn my pages—never mind
If you like not all you find;
Think not all the grains are gold
Sacramento's sand-banks hold.

Best for worst shall make amends,
Find us, keep us, leave us friends
Till, perchance, we meet again,
Benedicite—Amen."

—O. W. Holmes.

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